

# PassionFlower

Relieves anxiety



- Helps relieve insomnia caused by overnervousness
- Nonaddictive and side effect-free
- Provides a feeling of wellbeing
- Relieves stressful emotions

**ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



# PassionFlower



Passion flower is a genus of approximately 500 species of flowering plants with a long history of medicinal use by Native North Americans. It would later be adopted for use by European settlers. Passion flower contains a vast range of alkaloids; these account for most of its positive effects on symptoms of general anxiety disorder, insomnia and pain, as well as helping to cope with alcohol and drug withdrawal.

It's believed that compounds within passion flower increase levels of *gamma*-aminobutyric acid (GABA) that protects the brain from stress, anxiety, and even acts as an analgesic. Passion flower species are also known to contain *beta*-carboline harmala alkaloids. These classes of alkaloids are MAO (monoamine oxidase) inhibitors. They contribute to the production of serotonin, epinephrine, dopamine, and norepinephrine that are associated with decreasing the symptoms of depression. They accomplish this by inhibiting the breakdown of these neurotransmitters. Neurotransmitters create the connective signals that interlink our brain, allowing it to communicate from one neuron to another.

In a study involving people with general anxiety disorder, passion flower was as affective as oxazepam, a member of the benzodiazepam group that includes Valium and Librium. Passion flower on the other hand is side effect-free and nonaddictive. Clinical trials have shown passion flower to be effective in reducing anxiety levels for those about to enter surgery.

New Roots Herbal's **PassionFlower** is delivered in highly effective liquid extract form. This method of delivery maximizes the nutrient-rich benefits that passion flower offers to support cognitive and nervous system function.

#### Each teaspoon contains an equivalent of:

Organic passion flower (*Passiflora incarnata*) herb tops ..... 259 mg

**Other ingredients:** Purified water and organic ethanol (25%).

NPN 80024264 · LM0043-R4

#### Suggested use:

**Shake well. Adults and adolescents 13 and over:** Take 1 teaspoon (~5 ml) one to four times daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

HP1410

